

'Diagnosis ... Serious!'

By Col. Doug Richardson
48th Fighter Wing commander

He was a world-class athlete, with mental focus, herculean strength, dexterity, agility and endurance. But as we soon find out, death was able to sneak right through this tough exterior.

One day, out of the blue, the athlete started feeling light-headed. There was also a little tingle in his arm and he started to feel more tired than usual and a little drained after his daily workout. But being the macho athlete that he was, he didn't want to believe anything could be wrong. Actually, he was a bit afraid that if he went to the doctor, she would find something serious (not that this fear has ever happened to any of us!).

So months and years passed. He still won races, and for the most part his arms, legs, head and body looked fit, at least externally. His performance gradually got worse until he was no longer winning races. In fact, he wasn't even considered a contender. After he died, the story broke. For months, it appears a cancer was growing that eventually overcame the athlete. The cancer was cunning, as many are, not affecting all the cells, but only a few key ones. Nevertheless, it went unchecked and killed the athlete. The whole story was

made even more sad because the cancer was curable, if it had been caught on time. There were enough telltale signs that, if he had had the courage to admit something was wrong to his doctor, he might be alive today – on the winner's block.

Doctors tell us that the human body is an incredibly resilient system, composed of millions of unique, specially designed, intra-functional cells and organs. I can think of no better analogy for our community and our fighter wing. The *athlete's body* symbolizes our combined community – the Liberty Wing – truly a world-class wing, with a winning record and "herculean strength, mental focus, endurance and etc. ..." The *unique cells* represent each and every one of us – active-duty military, civilians, family members, civil servants and Ministry of Defence members. The *organs* in this community are our groups, our agencies, our squadrons and our special service units. The *affliction* in the above analogy is alcohol abuse.

And the *diagnosis: serious!*

So now the secret is out. Just as the unchecked cancer killed the athlete in the story above, alcohol abuse threatens our community if we don't do something to stop it now.

Alcohol abuse is the number one problem we face in our wing today.

-- Col. Doug Richardson
Wing commander

No, we're not going to go out and restart "prohibition." The problem isn't alcohol. It's alcohol abuse! This is a unique affliction, however, because it is focused on specific cells just like the athlete's cancer. It's mainly attacking 18 - 25-year-old cells, although there's ample proof that it can and will destroy

anything in its path if unchecked! It's very cunning and many cells under attack don't even know it until it's too late. Often those afflicted can be heard saying, "I'm not an alcoholic! I don't have a problem."

Let me tell you a true story. My dad was 18 when he went off to New Guinea during World War II. He came back an alcoholic. It took him 25 years to admit it. He told me that his "admission" was his *second* big step to recovery. His first step was when he realized he wasn't in control of alcohol, but rather that "it" was in control of him! He told me this story when I was around 19 years old and on my own. He told me because he didn't want me to go through what he and our family went through.

I live here now with you and I pass this on, albeit somewhat reluctantly, but in the greatest hope that you will read and heed it. Alcohol abuse is the number one problem

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On the cover

Photo by SSgt. Steve Ball

Alcohol shatters lives. For more information, see pages 4, 12 and 13.

One team ... win or lose

By Col. Steve Paladini
Vice Wing Commander

Team Liberty is like a professional football team. We practice, we improve and we execute as one squad. Some days we're all in synch; other days our timing is a little off.

But first and foremost we're a team, regardless if we win or lose the game. We take care of each other along the way, whether on or off the field of play, and individual problems are viewed as "team" problems. Thus, we police ourselves and help each other out, for the betterment of the team's cohesion and ultimately our success on the field.

As I approach my position on the line of scrimmage, I pause a moment to ensure that there's the right amount of people on the field, that everyone is in the correct position for the upcoming play. Eyes up and focused, scrutinizing the defense and with heightened adrenaline, I'm poised for the ball to be set in motion and for the play to begin. But there's a problem already. I'm preoccupied about several of my fellow team members.

One reeks of booze; another has blood-shot, dilated eyes from pregame sips of whiskey; a third is vomiting from a bad hangover; a fourth is wearing a back brace from a DUI accident the day before. And then I hear it ... first it's a soft chuckle from an opposing lineman, then the line judge starts to chortle, then slowly but steadily the entire stadium fills with laughter. We're not ready to put the ball in motion. We're not ready to play at all. We're not even a team anymore. The game is lost.

We don't have to lose. We elect to by abusing alcohol or ignoring the fact that there's a problem. We often think only about our own individual welfare; that drunk is somebody else's problem. The team owner and medic will take care of him, right? It's not my job. Why should I get involved? I have my own problems to deal with. That drunk is really hurting himself. After all, drunks have a right to drink; who am I to say otherwise? Abusing alcohol is a personal decision; there's nothing I can do!

And what do the drunks say? Drinking is perfectly legal and relaxes me. I can drive

See Team page 4

What's the problem?

By CMSgt. Jim Calcutt
Senior enlisted advisor

When we focus on alcohol awareness, the first question usually asked is, "What's the problem, why are we doing this?"

I'd like to be able to tell you that the Liberty Wing doesn't have an alcohol problem, but unfortunately I'm unable to do so. At the same time, I want to be careful not to paint a picture of doom and gloom; the wing is not running rampant with alcohol-related incidents.

The fact is, during the past several months we have experienced a significant upward spike in the number of alcohol-related incidents. These incidents haven't been limited to DUIs. We've had domestic altercations and people have seriously injured themselves in accidents. We've had people do things they'd never think of doing when they're sober.

The wing leadership is serious and is taking a tough stand against this growing problem.

There are many elements in the process of reducing alcohol-related incidents. I believe education is the most important element because its focus is preventing incidents, not dealing with them after they've occurred.

I don't think I'd surprise you if I told you that alcohol use is ingrained in American

society. Simply put, we are a culture that uses alcohol. It is not unusual for Americans to consume alcohol in social settings, nor is it wrong. The problem arises when alcohol use leads to irresponsible behavior. Education plays a key role in helping ensure people use alcohol responsibly. A comprehensive education effort can go a long way toward reducing the number of alcohol-related incidents, but it must go to the root of the problem in order for it to be effective.

We must identify high-risk groups and make them the targets of our education efforts. If we determine the high-risk group is a specific group of individuals, who drink primarily on the weekends, we need to target that group. It is especially important that we reinforce our message prior to every weekend.

What we say, and how we say it, is equally important. The message should be that prudent alcohol use is, and always will be, a personal responsibility. It's a personal responsibility that people know their limits. It's a personal responsibility they have a plan to deal with situations when they over-indulge. And it's a personal responsibility that they not bow to peer pressure and deviate from their plan.

By the nature of our business, we are held to a stricter standard than our civilian counterparts. The message is simple: When a person consumes alcohol in excess and elects to drive or act inappropriately he/she has committed a crime. Yes, a crime, not a mistake.

The last part of the education process is that people must know that irresponsible alcohol use will have repercussions. We need to determine the appropriate consequences, publicize them so people are forewarned, and when the situation warrants it, be willing to "step up to the plate" and follow through with them. People must know that if they choose to use alcohol irresponsibly, they will "pay the price."

We have been lucky in the Liberty Wing. Although we've had a couple of close calls, to date we haven't buried anyone because someone chose to drink irresponsibly. I could say that I hope the luck continues, but that would be divorcing myself from my responsibility.

I can assure you, the wing leadership is doing its part; that effort has already begun and will be on-going. I ask each of you to join us and become a spokesperson against irresponsible alcohol use. I encourage you to "walk the talk" and be willing to challenge those who drink too much before they hurt themselves or somebody else. You may not be the most popular person at the moment, but believe me you will be doing the right thing!

I'm confident that with everyone's help we can reverse this upward surge in alcohol-related incidents, because one incident is one too many. With your help we'll whip this problem and make our community safer for all of us.

Enemy

From page 3

we face in our wing today. I consider it to be the most formidable adversary I've ever had to deal with, and it's proven over and over again, that it can never be trusted. It's a lethal, cunning, proven killer, that has racked up an impressive killratio!

Threat awareness

Col. Christopher Kelly, 100th Air Refueling Wing commander, and I are sponsoring the Great Lakenheath-Mildenhall-Feltwell Drink-Out March 7. Like the Great American Smoke-Out, our purpose is to focus on the threat of alcohol abuse with the goal of promoting health and wellness in our community and readiness. Let me stress we're not on a moral crusade to eliminate alcohol. But we must face

up to the fact that alcohol abuse can damage our bodies, lives and community. We must stop this cancer before it stops us.

Game plan

To show community support against the threats of alcohol abuse, I challenge each of us to abstain from drinking alcohol for a 36-hour period beginning midnight March 7 through noon, March 8. This can be our silent yet active protest against the problems alcohol abuse can cause. If you can't make it without it driving you crazy or having to have just one drink, you may need some help. Now is the time to get it and stop the cancer from afflicting your body and our community.

Execution

Just as a team is stronger than an individual, so is our commu-

nity as it fights together. It will take each and everyone of us to make a difference.

During our Great Drink-Out March 7, the Lakenheath clubs will be open and offer free food and non-alcoholic drinks. I hope to see many of you there as we make this commitment to one another. We can have great fun and still be the champions of our community!

So why the long analogy? Simple. I've often heard people say "This is only a problem with that group over there ... the majority of us aren't in this fight."

That's not the way I see it. We're all in this fight together. I see this affliction as a community cancer and it will take everyone's efforts to make a difference. Together, let's make a difference for our team and our community. "Done right -- first time -- on time."

Team

From page 3

safely. Drinking shows how cool I am; I look sexy with a bottle in my hand. Folks dig me! And besides, I am so fundamental to the team, they wouldn't dare kick me off the squad.

As the vice wing commander, take it from me, don't bet on it!

The simple fact is that we can each do something to stop this terrible threat to our community. We can elect to get involved and put our foot down on alcohol abuse. We can continue to be a strong team by not abusing alcohol ourselves and ensuring our friends and families don't drink and drive or get so drunk that they lose control. If we don't support each other, we're not only hurting ourselves, but our community as well.

TRICARE medical teams act as 'family doctors'

By 1st Lt. Susan Pietrykowski
48th Medical Group

People who haven't enrolled in TRICARE may find it difficult to get an appointment at the hospital.

The hospital staff officially "turned on the TRICARE switch" in the appointment system Feb. 1. This means the majority of appointments are reserved for those people enrolled in TRICARE Prime. There are some space-available appointments for our retirees who haven't had the opportunity to enroll yet, and for Department of Defense civilians and contractors.

Once enrolled in TRICARE, people are assigned to a primary care manager team. The teams are a group of primary-care providers who manage the health care of those assigned to the team. Primary care manager team members are either licensed physicians, physicians' assistants, or nurse practitioners, and will act as a "family doctor."

For hospital patrons, this means their initial contact with the health-care system is always with their primary care manager. People will get appointments with their primary care manager for most routine appointments through central appointments at Ext. 1847.

The primary care manager will provide both acute care and on-going monitoring of chronic problems. If people need specialty care, the primary care manager will refer them to the right place. After being seen by a specialist, the primary care managers will continue to manage their health care. Those

people who currently have appointments outside their team should keep all appointments.

Primary care manager teams don't just provide care when people are sick. They also provide guidance to keep them well. The team will advise people on preventative health measures, such as immunizations and cancer screening, and work with them on ways to promote their health through fitness, proper diet, stress management and smoking cessation. The primary care manager team manages all health care needs. They are a team of special professionals who help not only when people are sick, but help people become the healthiest they can be.

The three primary care manager teams in family practice are A, B and C. There is also a pediatrics team, flight medicine team and an internal medicine team. People on flying status are assigned to the flight medicine team. Others are generally assigned to the family practice teams by unit.

Family practice team A consists of people assigned to Training Detachment 16, 48th Component Repair Squadron, 48th Equipment Maintenance Squadron, 48th Support



Photo by TSgt. Sam Shore

Members of the pediatrics primare care manager team with some of their patients.

Group staff, 5th Space Surveillance Squadron and local Air Force Institute of Technology students.

Family practice team B consists of people assigned to the 18th Intelligence Squadron, 48th Civil Engineer Squadron, 48th Contracting Squadron, 48th Comptroller Flight, 48th Communications Squadron, 48th Fighter Wing staff, 48th Security Police Squadron, 48th Services Squadron, 48th Transportation Squadron and the Air Froce News agency.

Family practice team C consists of people assigned to the 48th Aerospace Medicine Squadron, 48th Dental Squadron, 48th Logistics Group staff, 48th Supply Squadron, 48th Medical Group staff, 48th Medical Operations Squadron, 48th Medical Support Squadron, 48th Mission Support Squadron, 48th Operations Group staff and the 492nd, 493rd and the 494th fighter squadrons.

It's possible that members of the same family are on different primary care manager teams. For example, an active-duty member on flying status is a member of the flight medicine team while their spouse could be on a family practice primary care manager team and their children could be members of the pediatrics team.

For urgent, same day and acute requests, people should call their team directly rather than go through central appointments. The phone numbers are as follows:

□ Family practice primary care manager teams: (0800) 137858 or Ext. 2445

□ Pediatrics primary care manager team: Ext. 2565 or Ext. 3110

□ Flight medicine primary care manager team for all requests: Ext. 3211 or Ext. 3544

□ Internal medicine primary care manager team for all requests: Ext. 6328

For more information on primary care manager teams or TRICARE, contact the TRICARE service center at Ext. 6210.



Photo by A1C Robert H. Gerlach

All the kings horses and all the kings men...

A local contractor destroys one of the 48th Fighter Wing's F-15s Monday in compliance with the Conventional Armed Forces in Europe treaty. Two of the wing's jets were destroyed. Both aircraft had been ground trainers and were no longer need.

Defeat information warfare today

By SSgt. Harold Morrow
Base computer systems security officer

If you haven't yet heard, today has officially been named "Computer Security Day" by Gen. Ronald R. Fogleman, Air Force Chief of Staff.

Why has he dedicated an entire day to a topic like this? If you've been keeping up with current headlines, you already know why. In this Information Age, one of the best ways to incapacitate a foe is through attacking the enemy's information systems and computers—otherwise known as Information Warfare. This can be done by hacking passwords and introducing computer viruses. With this in mind, Fogleman has asked everyone in the Air Force to do five simple things today.

□ Run anti-virus software on all hard drives, diskettes and other storage devices.

The approved anti-virus software is IBM Anti-Virus version 2.5.2, located on the COMPUSEC public folder in Microsoft Exchange and the base bulletin board in cc:Mail. Setup the software to run a full automated scan at least weekly—contact your computer systems security officer on how to do this. Check all e-mail attachments prior to opening them. Save the attachment to a floppy disk or temporary directory and scan it. If infected, then disinfect if possible. The original e-mail attachment will still be infected, so delete it and use the "clean" copy. You should adopt this

practice, because the anti-virus program cannot check e-mail attachments from within the e-mail program.

□ Change your local area network and e-mail passwords.

Choose passwords you can remember without writing them down and make sure they're not dictionary words or proper names. A good password-cracking program can try every one of these in a matter of minutes. Try an acronym made from a phrase you can easily remember. For example, the phrase, "my password is very hard to crack" might yield "Mp!v#2c" as a password.

If you want to get fancy, substitute special characters for some of the letters—"Mp!v#2c". The "#" looks like an "h," and the "!" looks like an "i." Easy to remember, but even tougher to crack!

□ Install and take the computer-based Air Force Safeware Security Orientation course.

The safeware program is located on all Liberty servers, Lakenheath Exchange-1 server and on the 48th Medical Group server. You can find installation instructions on the COMPUSEC public folder in Microsoft Exchange and the base bulletin board in cc:Mail. The following three sections, listed under the COMPUSEC Module, are required for initial training: It's In Your Hands; I'll Never Tell; and They're Here ... Computer Viruses.

Each should take no more than 20 minutes and everyone must pass each section with a minimum score of 85 percent, which means no

more than two wrong answers.

□ Discuss ways to improve computer security specific to your unit and workcenter.

Your unit's computer systems security officer should be conducting unit training on this subject today.

□ Understand proper use of Air Force computer systems and networks, and only access Internet websites for official business or authorized purposes. Be advised that the 48th Communications Squadron has a monitoring system and checks for inappropriate Internet access. If your online activity violates law or Air Force policy, it will be reported through the appropriate channels.

Look for a personal message from General Fogleman today for Air Force users with WWW access. This message is available at www.af.mil and includes an audio clip of the general speaking.

A few things to remember:

□ Know who your computer systems security officer is. If in doubt, call the base computer systems security officer at Ext. 2755.

□ Know how to recognize the symptoms of a computer virus.

□ Do not leave your computer on unattended while logged into the network.

□ Safeguard your information.

Today's computer security training is important. Make it relevant, make it interesting, make it last. The Air Force goal is "Information Superiority through Information Protection"—you are the key!

'I Hate Hamlet' slated for March

By Becky Papp
"Jet 48" correspondent

Don't let the title fool you. Whether you are a great admirer of the Bard, or you prefer more contemporary entertainment, "I Hate Hamlet" will tickle your funny bone.

Written by Paul Rudnick as a tribute to actors and the theater, this fast-paced comedy offers ghosts, real estate and chipmunks wrapped in thought-provoking solos on the afterlife, high-school Shakespeare and working with hand puppets.

The play unfolds as Andrew, played by Stephen Kroth, a television actor moves to New York and is faced with the role of Hamlet. The ghost of Shakespearean thespian, John Barrymore, played by SrA. Will Emond, 48th Security Police Squadron, is sent to help him prepare for the role.

Barrymore's job is complicated by Gary, played by SrA. Stan Syvertsen, 48th Communications Squadron, a Hollywood agent who wants Andrew to come back to California and forget this "Shakespeare, algebra on stage."



Photo by A1C Grace Hunt

Steve Kroth hams it up with a puppet.

The romantic Deirdre, played by SSgt. Anna Peace, 352nd Operations Support Squadron, is Andrew's girlfriend and loves only one thing more than Laura Ashley—Shakespeare.

The physic real estate agent Felicia,

played by Capt. Susan Scrafford, 48th Services Squadron, offers assistance with seances and gives Deirdre advice about sex. Lillian is Andrew's agent, played by Nancy Hill, who hides a little secret about the late John Barrymore behind her German reserve.

This is a RAF Lakenheath debut for some of the actors, though everyone in the production has theater experience. Director Steve Doke has background in a community, academic and professional theater. He's directed "I Hate Hamlet" in Heidelberg, Germany and requested to direct it here.

"This is my favorite contemporary American comedy," said Doke. "It's fun. It's short. It's like a really good TV sitcom."

The production is supported by understudies A1C Megan Tretheway, 48th OSS, and James Faris, as well as choreographer Paula Myers. The technical crew include volunteers from Lakenheath and the surrounding communities.

Performance dates are March 14, 15 and 21 - 23 at the community activities center. Ticket prices (excluding Sunday matinee) include dinner. For more information, call Ext. 2221.

Norwich Road closes Monday

Norwich Road, which is adjacent to the running track, will be closed between York and Plymouth roads for three days beginning Monday.

For more information, call Ext. 2699.

Drivers can help with shuttles

The 48th and 100th transportation squadrons are appealing for assistance from all drivers during peak driving hours, according to the vehicle operations flight.

"Currently, shuttle buses are being significantly delayed during peak hours because they are unable to negotiate safe left- and right-hand turns from Yarmouth Road to Boston Drive and vice versa," said SMSgt. Wesley Traver, vehicle operations superintendent.

A bus requires a wide arc to negotiate safe turns on narrow corners and that is impossible when there is an automobile waiting exactly at the yield sign.

"All operators who approach this junction can contribute to alleviating this problem," Traver said. "Accepting responsibility and showing courtesy by allowing large vehicles to exit and enter (the area) will ensure smoother traffic flow for (people) entering and departing the base and enable us to provide you on-time shuttle service."

For more information, call Ext. 3620.

VA benefit advisor available at family support

A Veterans Administration representative is available to answer questions and for appointments at the family support center.

Linda Abrams is available to help people apply for VA loan guarantees, education and disability benefits and answer questions about a variety of VA benefits.

For more information, or to schedule an appointment, call Ext. 3847.



AFAF campaign began Monday

The Air Force Assistance Fund campaign began Monday and ends March 28. The major charities the AFAF supports are the Air Force Enlisted Men's Widows and Dependents Home Foundation Inc., the Air Force Village Indigent Widows' Fund, the General and Mrs. Curtis E. LeMay Foundation, and the Air Force

Aid Society. Military members will be contacted by their unit project officer or keyperson.

For more information, call 2nd Lt. Evan Pitts at Ext. 5636.

Expect exercises in March

The 48th Fighter Wing is entering a busy month of exercises. The wing readiness office uses these exercises to test various portions of the wing's readiness stance. The operational safety review working group is underway and the next meeting is 3:15 p.m. Wednesday in the 48th Support Group conference room. For more information, call Ext. 3509.

Commissioning opportunity exists through AECP

RANDOLPH AFB, Texas (AFNS) – Enlisted members interested in becoming commissioned officers have an opportunity with the Air Force's Airman Education and Commissioning Program.

The next AECP board meets May 14 to consider airmen for health specialties and line officer categories.

Those interested in applying must get their memorandum of academic eligibility to the Air Force Institute of Technology by March 3. The application deadline to Air Force ROTC is April 15.

The program is open to all airmen wishing to pursue a baccalaureate degree in meteorology, computer science, computer engineering, electrical engineering, nursing or physical therapy. Base education offices can assist those interested in applying with their education packages.

Line officer applicants will enter Officer Training School after graduation and become second lieutenants after completing OTS.

Graduating nurse applicants are commissioned after passing their National Council Licensure test and completion of Commissioned Officer Training.

Following graduation, physical therapist applicants receive immediate commissions in the appropriate medical service corps.

Selection for the AECP program is contingent on the applicants being selected by a college or university that offers the required degree program and has an Air Force ROTC unit or educational services agreement. Also, officials say, the annual tuition, including summer programs, cannot exceed \$4,000.

For more information about AECP, contact your base education. For information on academic eligibility office contact AFIT counselors via e-mail at counselors@afit.af.mil.

For details on program eligibility, contact HQ AFROTC via e-mail at enlcomm@falcon.rotc.af.mil.

Liberty Warrior

"Can do" person of the week



Photo by A1C Robert H. Gerlach

SrA. Dora Conde

48th Dental Squadron

Hometown: San Antonio, Texas

Time in service: Three years, six months

Time on station: One year, 10 months

Role in mission: I provide dental health treatment, support and education to the entire active-duty and family-member population of RAFs Lakenheath, Mildenhall and surrounding Department of Defense geographically separated bases in the United Kingdom.

Hobbies: Sewing, crafts, gardening and reading.

Where do you see yourself in 10 years? Out of the Air Force and going to nursing school.

What would you do to make things better at RAF Lakenheath? I would provide better daycare and preschool facilities.

What is your greatest achievement? My son, Edward John.

Why did you join the Air Force? For the educational benefits.

Who is your role model and why? My father, Juan Trevino, for all the love, unconditional support and patience he has given to me. He's the best.

What do you like best about the Air Force? I like meeting new people from such different cultures.

Learning the hard way: Alcohol

Editor's note: The following are personal accounts from RAF Lakenheath people who've been involved in alcohol-related incidents.

All those incidents that you hear about could never happen to me. I'm too 'in control' for anything like that to happen to me as a result of drinking.

These are a couple of things I remember telling myself after being briefed about someone falling victim to the effects of alcohol abuse. Unfortunately, it took a life-threatening incident to happen to me before I wised up.

I started the night off like many other weekend nights. I was going to have a good time and get drunk. I had a couple drinks here and a few there, but instead of stopping at a reasonable level of intoxication, I kept partying until I became uncontrollable and

dangerous. I began to wrestle with a good friend of mine and as a result, we fell over a second-floor balcony. We weren't hurt badly, but we could have been killed.

It took this near-death experience and three days of alcohol-awareness training for me to realize that anyone can fall victim to the affects of alcohol abuse, no matter how tough they think they are.

Remember to drink responsibly. I will never forget.

May 4, 1996, I was a staff sergeant with a good career behind me and a great future ahead. I had just hit my 10-year mark and was sure I would be in for another 10 or more. My ambition was to someday be a first sergeant or even a senior enlisted advisor and to retire just like my father. All that changed at 4 a.m., May 5, when

two British police officers responded to a call about a car with a flat tire.

The night of the fourth, a group of friends and I went out for a meal in Cambridge and some of us planned to make a late evening of it. I knew that drinking and driving don't mix and was going to take all the necessary steps: designated driver, a place to stay, etc. We left about 2 a.m. and we were on our way, the designated driver in charge of the wheel.

Two hours later, I decided that I was only a few miles from home and could handle the drive. That was the greatest mistake of my life.

Less than five miles from my front door, I dozed off for a second and ran over something that flattened my tire. I had to stop by the side of the road. The police showed up shortly after and brought out their breathalyzer.

"I feel fine, I just ran over something!" was my response. I was tired, yes, but drunk? No way!

Alcohol effects both mind, body

By Dr. (Maj.) J. Mark West
Substance abuse rehabilitation chief

Most people who drink are not alcoholics or even problem drinkers; but many people experience negative consequences as a result of drinking.

At the substance abuse rehabilitation clinic we evaluate and assess most everyone involved in an alcohol-related incident, and for many of the people we've seen, drinking has caused a lot of hurt through physical injury, loss of military status and hurting others.

Some of the more common negative consequences related to drinking "too much" include personal health problems, drunk-driving arrests and crashes, family problems, decreased work performance and endangering personal safety as well as the safety of others.

Ethyl alcohol, or ethanol, is the active chemical ingredient in distilled spirits, wine and beer. Ethanol is a depressant drug with strong addiction potential that produces mind-altering effects, including a "high" feeling, a feeling of reduced stress and tension and impairment of an individual's usual good judgment.

Many of the referrals we receive at the clinic are a result of people drinking too much, too fast and then taking risks. Some of those risks include driving their cars while under the influence, confronting emotional interpersonal-relationship issues,

performing physically dangerous acts and allowing themselves to get into promiscuous circumstances. Many of these events have led to severe, negative consequences both for the person and for those around them. For most of us in the military, alcohol abuse begins to hurt socially, occupationally, and spiritually before it begins to take a heavy toll on our bodies.

In the short term, alcohol depresses the central nervous system. At low blood-alcohol levels, vision, judgment, and complex motor skills are impaired. As the blood-alcohol level increases, simple motor skills and behavior are also impaired. This explains why it is so dangerous to drink and drive. Not only is a person under the influence of alcohol unable to perform the many complex tasks involved in safe driving, he or she cannot judge his or her own level of impairment. A person under the influence may also appear to be more active and talkative, not because alcohol is a stimulant, but because it decreases inhibitions. People may do things when under the influence that normally they would not do.

In the long term, continuous drinking of large quantities of alcohol can cause cirrhosis of the liver and serious nervous and mental disorders, including permanent brain damage. Ulcers, heart disease, gastritis, pancreatitis, diabetes, malnutrition, and some cancers are also more common among chronic heavy drinkers than among the general population.

To reduce or eliminate the risk of alcohol causing hurt, people must accept the fact that it is right not to drink at all at times, and at other times we must drink responsibly when we choose to drink. Not drinking at all is a must when:

- ☐ Driving a motor vehicle.
- ☐ Taking medications.
- ☐ Extremely stressed or tired.
- ☐ Recovering from alcoholism.
- ☐ Expecting, nursing, or considering pregnancy.
- ☐ When it violates your personal values.

Drinking responsibly is probably an overused phrase and seems to carry different meanings to different people. I can only say from a health standpoint, if you choose to drink, experts say exceeding two drinks a day increases the risk for experiencing a variety of health problems including hypertension, cirrhosis and some types of cancer. Further, drinking more than three or four drinks per day significantly increases the risk of developing an alcohol-abuse disorder or alcoholism.

For many people, alcohol is consumed in a responsible, recreational fashion as a secondary event in a primary social setting. Most alcohol abuse occurs when it is used as a primary event or to achieve an effect. It is important to remember that alcohol is a toxin and all use involves some risk.

We all need to pay attention to the drinking choices we make in order to reduce our risk of experiencing alcohol-related problems.

abuse shatters lives

But the machine didn't lie. I was over the legal limit. By how much isn't as important as the fact that I was driving under the influence.

I found out the difference between being drunk and exceeding legal limits. Being too impaired to operate a vehicle properly is the key. Every time you drive with even one drink under your belt, you are carrying a loaded weapon. I think every day of what would have happened if I hadn't been alone on the road. Who could I have hurt or killed?

After an administrative demotion to senior airman, I am ineligible for promotion and reenlistment. The damage to my military career is permanent, but my life will go on after I leave the Air Force. The knowledge of having pointed a loaded gun at myself and anyone else who might have been on the road will be with me for life. I've never lost a loved one to a drunk driver and I thank God that no one else died because of me.

I am a technical sergeant with 17 years service, I have been married for 15 years and have three children. My decision to be stationed here unaccompanied is in the best interest of my family. The transition to a bachelor type lifestyle has not been easy, having to develop a second house hold that is functional has been a trying experience. The holidays have become a time that is hard to enjoy alone when your family is so far away.

Consuming alcohol has always been a social event, where my wife and I would make the decision as to which one of us would drive before going out and partaking in a night of dancing or socializing with friends. The stresses of day to day life have now been compounded by poor judgment on my part.

The day after Thanksgiving is a day that I will always regret. I made a decision to go to a club where I could be in the presence of other people. Knowing that I would be driving I tried to concentrate on not consuming more than

the legal limit. In the past I had made use of taxis and designated drivers when I knew I had consumed more than the legal limit for driving. This time was different. I felt like I had paced my drinking and that I would be good to go. I felt clear headed and in full control. When I decided to leave I stopped, counted the numbers of drinks I had and decided that I should be well within the limits of the law. Well, I was wrong. I got a DWI that night.

Thinking back on it now with hind sight being 20/20, I realize that there is no such thing as drinking responsibly and driving. Even after the first drink there are changes to the body that has an effect on judgment and good decision making. I was lucky that there was no personal injury, or property damage in my situation. Often times there is property damage, personal injury and, in the worst cases, death. Driving a vehicle after drinking or taking medication that can make you drowsy is a decision that should never be made by any individual. Every military installation has programs that give us the option not to drive when the mind is impaired. Learn what programs are available to you and make use of them any time you have consumed spirits or medication.

Price of drunkenness

The following administrative punishments were issued to RAF Lakenheath members in 1996 due to alcohol-related offenses.

- ☐ 26 Letters of Reprimand and/or Unfavorable Information Files
- ☐ 21 reductions in grade
- ☐ 23 Article 15s
- ☐ 543 days extra duty
- ☐ 2 impending administrative discharges
- ☐ 2 Control Rosters

You don't have to be drunk to get out, have a good time

By Col. Larry Brough
48th Support Group commander

I've been called a party animal many times during my life. I enjoy going to parties and always have a great time. But I don't drink alcohol – never have, never will. I know I can have fun without getting drunk.

Whenever I go to parties, I participate. I join in the fun, whoop it up, get down and do some serious dancing. But I quench my thirst with nonalcoholic beverages. When it's time to go

home, I can drive my car without the concern of getting caught for being drunk or "over the limit." I can actually find my way home on the first try. When I wake up the next morning, I don't have a hangover and I can remember the great time I had the previous night.

For those of you who do enjoy drinking, I encourage you to do so with responsibility and moderation. Alcohol isn't a problem – alcohol abuse is. I can't think of one good reason to overindulge and get drunk. I can think of many good reasons to stay sober – my family, my friends, my career and my life.

Top ten reasons not to abuse alcohol

By Col. Larry Brough
48th Support Group commander

Brought to you from the 48th Support Group headquarters office.

10. You won't "accidentally" steal 56 compact discs, get an Article 15, lose \$1500, get 45 days of extra duty and a suspended bust. (Happened at RAF Lakenheath in January 1997)

9. You won't show up to work intoxicated and receive an Article 15, a reduction in grade and 25 days extra duty. (Happened at RAF Lakenheath in August 1996)

8. You won't have to clean up the vomit in your bed, on your floor and in your bathroom. (Happens every Saturday and Sunday morning here)

7. You won't assault your friend, spouse, or child. (Happens at RAF Lakenheath three to four times a month)

6. Your first sergeant won't have to find you because you forgot to pick up your children. (Happened at RAF Lakenheath in August 1996)

5. You won't get convicted for rape, drunk driving, communicating a threat and be sentenced to seven years in prison, a dishonorable discharge and reduction to airman basic. (Happened at RAF Lakenheath in June 1996 and November 1996)

4. You won't get fined £535 and lose your driving privileges for two years when you are convicted for a DUI. (Happened at RAF Lakenheath in January 1997)

3. You won't fall off your dormitory balcony and spend several months recuperating from injuries. (Happened at RAF Lakenheath in August 1996, January 1997 and February 1997 – three separate instances)

2. You won't kill an innocent child, your spouse, your fiancée, your best friend or a stranger. (Happens everyday around the world)

1. You will control your own destiny, arrive home safely and live another day.

1997: Year of the seafarer

By Linda Laws
Community relations advisor

There are several events to mark the Year of the Seafarer. One of them is happening right on our doorstep in Ipswich this June, when hundreds of sailing boats will be floating up the River Orwell for a huge festival of sail. Some of these boats will be on their way up to the Tall Ships Race taking place in Aberdeen, Scotland, in July. A replica of Capt. James Cook's ship, the Endeavour, will dock on the River Thames at Greenwich March 25 following a journey starting at Fremantle, Australia. Stops along the way include Durban, Port Elizabeth, and Cape Town, South Africa.

Sail Ipswich '97

Sail Ipswich '97 will be the largest waterside event and festival seen in Suffolk for decades. At least 150 ships will attend the event June 27, 28 and 29 at the Ipswich Wet Dock. Historic vessels, musicians, performers and practitioners of crafts related to the sea will be part of the event. Ships including tall ships, training vessels, traditional working craft and classic yachts will attend. For more information, call (01473) 787346.



Photo by John Longley

Endeavour, pictured at Doubtful Sound, New Zealand.

The story of the Endeavour

Capt. James Cook set sail for the Pacific Aug. 26, 1768, in H.M. (His Majesty's) Bark Endeavour on a voyage of exploration and scientific discovery. This voyage was to be a major step for Britain and the world in advancing knowledge of geography, navigation, natural science and astronomy.

The Endeavour, which has been constructed to the same specifications as Cook's original ship, will stay in London's port until April 13 when it begins its voyage around Britain, calling at 15 ports, before leaving for the United States of America in October. While at each port, the ship will be open to the public. East Anglia's port of call will be Great Yarmouth, Norfolk, between April 19 - 28.

Admission for adults is £5.50 and £3 for children. Senior citizens and students are £4.50. Families (two adults and three children) are £16. Admission includes the Endeavour exhibition, the National Maritime Museum, the Queen's House and the Old Royal Observatory including Cook's navigational instruments display. Tickets are also valid for a second visit within one year of the first. Hours are 10 a.m. - 5 p.m., seven days a week. For details, call (0181) 858-4422 or (0181) 312-6565.

Cutty Sark Tall Ships Race

The Cutty Sark Tall Ships Race is July 12 - 15 in Aberdeen Harbour, Grampian, Scotland. The racing entertainment includes street theatre, children's activities, music and maritime skills displays. A fireworks display is July 14.

People can also try Dragon Boat Racing on the River Dee July 12 and see the Grand Parade July 13. The quayside events are free, but there may be entry charge on some city events. For details, call (01224) 252150.

Famous local navigators

Two of the most famous local navigators, Capt. George Vancouver and Admiral Lord Horatio Nelson, were born and lived in Norfolk. In fact, some of their work still applies today. The charts plotted by Capt. George Vancouver were so accurate they are still used by today's seafarers. His meticulous charts were used much later to settle the boundary disputes between the United States and Canada.



For more information about living in Britain, call me at Ext. 3145.

Capt. George Vancouver

Three hundred years ago, King's Lynn, which is 40 minutes northwest of RAF Lakenheath, was one of the country's most thriving ports. So it is not surprising to find it was the birthplace of at least one famous navigator. Vancouver was only 14 when he set sail on the Resolution with Cook in 1772. He actually saw Cook killed in Hawaii. At the age of 18, his sea voyages equated to having circumnavigated the world three times. His most historic voyage took him four years to complete, resulting in the discovery of Vancouver Island, British Columbia and his charting of the much-fabled northwest passage from California to Alaska. Vancouver, Canada, is also named after him. Vancouver died at the early age of 40 following this voyage.

A plaque dedicated to Vancouver is sited on Purfleet Quay, near the Custom House in King's Lynn. Vancouver's father worked in the Custom House as deputy collector and was instrumental in Vancouver being allowed to travel with Cook because of his influential family connections.

Admiral Lord Horatio Nelson

Admiral Lord Horatio Nelson is acknowledged as Britain's greatest naval hero. His contribution to Admiral Sir John Jervis' victory over the Spanish at St. Vincent has special significance. The battle, fought off Cape St. Vincent, was instrumental in turning the tide of the naval war in favour of Britain. During the battle, Nelson fought as no other commodore ever had. He broke the sacred line of battle to take on a much bigger ship, hoping to disable it and help win the battle.

He took the ship, but not before his own had the sails, masts and wheel shot away. He then boarded another ship, the San Nicolas, to use it to launch another attack. The battle ended with the Spanish flag captain presenting his admiral's sword in surrender.

Nelson's most famous and last battle was the Battle of Trafalgar during which he lost his life on the Victory. He was born in the small picturesque Norfolk village of Burnham Thorpe, just off the north Norfolk coast.

Chapel services

Catholic services

Daily Mass (Mon. - Fri.) 11:30 a.m.
 Saturday Mass 5 p.m.
 Sunday Mass 9:30 a.m.
 Sunday Mass at RAF Feltwell 11:30 a.m.
 Religious education classes-Feltwell school cafeteria (Sunday) 10:15 a.m.
 Religious educational classes-RAF Lakenheath Elementary School (Sunday) 11 a.m.

Protestant services

Liturgical service (Sunday) 8 a.m.
 Shared-faith service (Sunday) 11 a.m.
 Gospel service (Sunday) 1 p.m.
 Shared-faith service at Feltwell 10 a.m.
 Sunday school at Feltwell 9 a.m.
 Denominational - Lutheran Wisconsin Synod (First Sunday each month Feltwell) 1 p.m.
 Denominational - Assemblies of God Sunday Night Live (Sunday) 6 p.m.
 Denominational - Grace Bible fellowship (Sunday at Feltwell) 4 p.m.
 (Wednesday at Feltwell) 7 p.m.
 Sunday school at Lakenheath Elem. 9:30 a.m.

Islamic services

Islamic Circle Thursdays, 5-6 p.m.
 For details, call Maj. Laurence Brown at Ext. 2810

Jewish services

Services are held at the RAF Mildenhall chapel on the first and third Fridays of the month at 6 p.m. The officiating rabbi is Chap. (Maj.) Brett Oxman. Call DSN 238-2822 or (01638) 542822 for details.

Orthodox (Christian) services

Call Lakenheath chapel at Ext. 3711 for details.

For emergency

For emergencies during duty hours call Ext. 3711 or the base command post at Ext. 4233 after duty hours. For information on services in the community, call Ext. 3711.

NCO induction ceremony

An NCO induction ceremony for all senior airmen promoted to staff sergeant in March is at 4 p.m. Monday in the Liberty Club. For details, call Ext. 3004.

Logistics group banquet

The 1996 48th Logistics Group Professional Performer of the Year banquet is April 18 at the officers' club. Social hour begins at 6 p.m. and dinner is 7 p.m. Attire is semiformal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For more information, call Ext. 3157.

Legal assistance

The legal office offers walk-in legal assistance beginning Tuesday. The walk-in hours are from 9 - 10 a.m. Tuesdays and from 3 - 4 p.m. Thursdays. During these hours, attorneys are available to see clients on a first-come, first-served basis about personal civil law matters, including divorces, separations and consumer protection issues.

Wills and living wills are handled by appointment only. Before making an appointment, however, people should fill out will worksheets, which are available at orderly rooms, from the base bulletin board and at the legal office. Beginning Monday, one-stop appointments are scheduled Wednesdays.

For more information or to make an appointment, call Ext. 3553.

Buddy Holly

The 48th Medical Group auxiliary sponsors a theater trip to see "Buddy," a musical about the life of Buddy Holly. A bus leaves from Lakenheath at 10 a.m. March 8. The £25 cost includes tickets and round-trip transportation. From more information, call Sheila Shaner at (01842) 827170.

Red Cross

☐ The American Red Cross sponsors a coloring contest Saturday through March

28 at the base library. Prizes are awarded for each age group. Entry forms can be picked up at the library.

☐ Applications for the summer youth volunteer program can be picked up at the Red Cross office, Bldg. 975. Deadline for application is June 1.

☐ The American Red Cross sponsors a baby-sitting instructor course April 19 and 26 at the RAF Alconbury family services center. Participants must hold a current Red Cross instructor candidate training certificate. To register, call by March 7.

For more information, call Ext. 1855.

Flying club

The RAF Feltwell radio-controlled flying club meets at the RAF Lakenheath Community Activities Center at 5:30 p.m. Monday. For more information, call Ext. 2288.

Musicians wanted

The RAF Molesworth chapel seeks musicians for the Protestant chapel program. For more information, call DSN 268-3343.

Donutland closed

Donutland is closed today for upgrades to the facility. It reopens Saturday.

La Leche League

The RAF Lakenheath branch of the La Leche League meets at 10:30 a.m. today at 2 Laburnum Close, Red Lodge, Suffolk. The group offers information and support on all aspects of breast feeding. For more information, call Miri Cressey at (01638) 750577.

Initial ethics training

The legal office offers initial ethics training

See Community page 18

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

Sign language

The beginners sign-language course is 11:30 - 1 p.m. Monday in the small classroom. Sign up by March 10.

An 11-week intermediate course meets from 11:30 a.m. - 1 p.m. beginning today in the small classroom. Sign up by March 14.

Teen life

A teen-life group meets from 4 - 6:30 p.m. Monday at the youth center. The group promotes personal development and effective coping skills among teenagers.

Volunteer orientation

A volunteer orientation is 10:30 a.m. - noon Tuesday in the small conference room. The course includes information about professionalism, child care and rights and responsibilities.

PCS with ease

A PCS-with-ease seminar is 1 - 3 p.m. Wednesday in the conference room. This class provides information to ease PCS moves.

Resume writing

A resume-writing workshop is 1 - 5 p.m. Wednesday in the conference room. The workshop helps military members and their families transition to the civilian world through planning, presenting and writing effective resumes.

Youth life

A youth-life group meets from 4 - 5:30 p.m. Friday at the youth center. The group promotes personal development and effective coping skills among pre-teens.

Spouses group

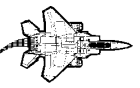
The foreign-born spouses group meets from 6 - 8 p.m. Friday in the conference room. This is an educational forum for spouses who are of foreign heritage.

Second language

An English-as-a-second-language class is 6 - 8 p.m. Wednesdays and from 6 - 9 p.m. Thursdays in the small conference room. The instructor teaches conversational English as well as American social customs and traditions.

Information briefing

Newcomers briefings are 8 - 11:30 a.m. March 4, 11 and 18 at the base theater. The briefings highlight the impact personal readiness plays in mission readiness. They also provide newcomer information about setting up finances, dealing in pounds, job search, using TRICARE and British health services, safely using 220 voltage, recreational services and more.



Community

From page 17

from 9 - 10 a.m. March 11 in the 48th Support Group conference room, Bldg. 1165. This training is mandatory for all Department of Defense civilians beginning service. For more information, call Ext. 3553.

Commemorative peace walk

People Associated for Cultural Enrichment sponsors a service and commemorative peace walk today beginning at the chapel and ending at Freedom Park. For more information, call SMSgt. Al Coe at Ext. 3994.

Testing schedule

The education center staff has scheduled the following graduate admission tests:

❑ The Automotive Service Excellence certification exam May 6, 7 and 8. People must register by Tuesday.

❑ The PRAXIS Series exam May 1. Registration deadline is Monday.

❑ The Miller Analogies Test is April 23. Registration deadline is two weeks before the test date.

For more information, call the base education center at Ext. 3851.

ESC spring bazaar

The enlisted spouses club's spring bazaar is open March 14 from 3:30 - 6:30 p.m. for military identification card holders only. The bazaar is open to the public from 10 a.m. - 6 p.m. March 15 and from 10 a.m. - 5 p.m. March 16. For more information, call (01638) 532319.

Air National Guard openings

The West Virginia Air National Guard has traditional guardsmen openings for pilots, navigators and all enlisted Air Force Specialty Codes. For more information, call DSN 366-6126 or 1-800-228-1205.

The California Air National Guard accepts Palace Chase and Palace Front applications for all E-5s and below who are qualified to cross-train into the following Air Force Specialty Codes: 2E1X1, 2E1X3, 2E6X2, 2E6X3, 2T4X1, 3E0X2 and 3E1X1. For more information, call MSgt. Ed Heinbaugh at DSN 359-9082 Ext. 562 or commercial (800) 352-1881.

Chapel Wee Joy

The chapel Wee Joy program is available for children 6 months to 3 years old. While children attend, parents are free to attend worship services and religious education classes. For more information about these programs, call the chapel at Ext. 3711.

Middle Ages, Renaissance

The Society for Creative Anachronism is a organization that researches and recreates the customs, combat and courtesies of the Middle Ages and Renaissance periods. The local chapter meets at the Rose and Crown Pub in Beck Row Thursday. For more information, call Bob Alley at (01638) 532751.

Girl Scouts reunion

The Anglia Girl Scouts sponsor an 85th anniversary reunion March 8 for all active and former scouts. The reunion will kick off Girl Scout Week, which is March 8 - 15. For more information, call (01638) 521675.

Scholarships available

❑ The People Associated for Cultural Enrichment accepts applications for its annual high-school scholarship award of \$1,000. Deadline for application is today. For details, call Ext. 3582.

❑ The 13th Masonic District accepts applications for its annual scholarships. First place is \$1,200, second is \$800 and third is \$500. Deadline for application is April 1. Applications are at the education center. Active-duty members, civilians and high-school seniors are eligible. For more information, call TSgt. Greg Gartrell at Ext. 3224.

❑ The Community Scholarship Association accepts applications for vocational-school and college-bound high-school seniors and graduating family members attending British schools. Selection is based on student grades, ACT/SAT scores, course-load difficulty, extracurricular activities, goals and ambitions. Application deadline is March 14. For more information, call (01638) 533191.

Long-term parking lot

The long-term parking lot at RAF Mildenhall is closed now. People should move their cars by March 14 for a construction project. An interim parking lot is set up across from the softball field in front of the recycling center. For details, call 89-2060.

After-school tutoring

After-school tutoring is available in math and science for students in grades 6 - 12 from 5:30 - 7 p.m. Wednesdays in the high school cafeteria, room 507. For details, call Celestine Mathews at Ext. 1792.

Lakenheath scrapbook

(From left) TSgt. Todd Boatwright, SSgt. David Patenaude, SSgt. Michael Jennings, TSgt. Kerry Wright and TSgt. Kevin Beck sing karaoke at a recent 48th Logistics Squadron function.

People with community photos who would like to have them published in the "Jet 48" should bring them to the public affairs office in the wing headquarters building or call Ext. 5640.



Photo by SrA. André Quick

What's on at Services

48th RAF LAKENHEATH
Combat Support & Community Service

Friday – Feb. 28

- ❑ The international games club meets from 3-4:30 p.m. at the youth center. (Ext. 3180)
- ❑ People 13 and over can skate from 7-11 p.m. at the skating rink. (Ext. 1627)
- ❑ The "Glenn Mitchell" band plays at 9 p.m. at the rod and gun club. (Ext. 2368)

Saturday – Feb. 1

- ❑ A coloring contest begins today and continues throughout March at the RAF Feltwell Community Activities Center. (Ext. 7022)
- ❑ The women's United Kingdom basketball championships begin today at the fitness and sports center. (Ext. 3249)

Sunday – Feb. 2

- ❑ The Liberty Club Sunday brunch is 10 a.m.-2 p.m. and is open to all ranks. (Ext. 3869)
- ❑ Family skate is 2-6 p.m. at the skating rink. (Ext. 1627)
- ❑ All videos, except new releases, are \$1 today at Electric Avenue. (Ext. 2979)

Mardi Gras festival

The Liberty Club sponsors a Mardi Gras festival Saturday. Doors open at 8 p.m. Admission price is \$12.95 for members and \$14.95 for guests. Reserved seating is available. Call Ext. 3829 for details.

Aero club special

The aero club offers a two-for-10 special through March. When members fly 10 hours in one month, they get two hours free. Call Ext. 3152 for details.

Travel Fair '97

Information, Tickets and Tours sponsors Travel Fair '97 from 10 a.m.-4 p.m. March 8. The event is free and open to anyone with base access. More than 70

vendors will be in the Information, Tickets and Tours parking lot. Door prizes including a free weekend trip are available. For more information, call Ext. 2979.

Equipment Rentals

Equipment Rentals offers a video camera rental special. There is also a 10 percent discount on all bike clothing including shorts, tops and wet-weather gear. For more information, call Ext. 2146.

Youth hour

The RAF Feltwell Community Activities Center sponsors youth hour from 5-6 p.m. Mondays and Wednesdays. This free activity is available to anyone under 15. For more information, call Ext. 7022.

Liberty Club bingo

The Liberty Club gives away more than \$2,000 in cash and door prizes at bingo every Tuesday. Doors open at 6 p.m. and games begin at 7:30 p.m. For details, call Ext. 3869.

Tickets on sale

Tickets are on sale for all performances of "I Hate Hamlet" at the community activities center. Dates for performances are March 14, 15, 21, 22 and 23. Prices for evening performance are \$25 per couple or \$15 per single and include dinner. Sunday's matinee is \$6. Stop by the center to purchase tickets or call Ext. 2221 for more information.

Chess club meets

The next meeting of the chess club is 10 a.m.-3 p.m. March 8 at the community activities center. For more information, call Ext. 2221.

New rental items

Equipment Rentals has two new items available for rent. People can rent pressure washers with all hose attachments and electrical hookup for \$7 per day or 50-piece tool kits with wrenches, socket sets and screwdrivers for \$3 per day. For more information, call Ext. 2146.

At the movies

RAF Lakenheath

Friday

7 p.m. – "Get On The Bus" (R) Starring Charles Dutton and Ossie Davis. Fifteen African-American men, strangers to one another, begin a journey by bus to Washington, D.C., to participate in Louis Farrakhan's Million Man March.

9:30 p.m. – "Star Trek: First Contact" (PG-13) Starring Patrick Stewart and Jonathan Frakes. Captain and crew launch themselves into an adventure aboard the Starship Enterprise.

Saturday

7 p.m. – "The Preacher's Wife" (PG) Starring Whitney Houston and Denzel Washington. Rev. Henry Biggs, who doubts his ability to make a difference, is helped by an angel named Dudley.

9:30 p.m. – "Mars Attack" (PG-13) Starring Jack Nicholson and Glenn Close. An all-star cast is kept busy reacting to an attack by warmongering Martians.

Sunday

4 p.m. – "Ghosts of Mississippi" (PG-13) Starring Alec Baldwin and Whoopi Goldberg. A dramatization of the events surrounding the 1960s murder of civil-rights worker Medgar Evers.

7 p.m. – "Mars Attack" (PG-13)

Monday

7 p.m. – "Ghosts of Mississippi" (PG-13)

Tuesday

7 p.m. – "My Fellow Americans" (PG-13) Starring Jack Lemmon, James Lemmon and James Garner. Two ex-presidents are together on a trip evading pursuers, while trying to investigate the current president.

Wednesday

7 p.m. – "My Fellow Americans" (PG-13)

Thursday

7 p.m. – "Mars Attack" (PG-13)

Mar. 14

7 p.m. – "Ghosts of Mississippi" (PG-13)
9:30 p.m. – "My Fellow Americans" (PG-13)

RAF Mildenhall

Friday

7 p.m. – "Ghosts of Mississippi" (PG-13)
9:30 p.m. – "Jerry Maguire" (R) Starring Tom Cruise and Cuba Gooding, Jr. A sports agent is tossed out into the cold after he suggests the company could give more personal attention to fewer clients.

Saturday

7 p.m. – "Beavis and Butt-Head Do America" (PG-13) The boys discover their precious television set has been stolen. In search of it, they find themselves on a trek across America.

9:30 p.m. – "One Fine Day" (PG) Starring Michelle Pfeiffer and George Clooney. Two single parents facing career events are stuck with their children for the day.

Sunday

4 p.m. – "Jerry Maguire" (R)

7 p.m. – "Beavis and Butt-Head Do America" (PG-13)

Monday

7 p.m. – "Jerry Maguire" (R)

Tuesday

7 p.m. – "Jerry Maguire" (R)

Wednesday

7 p.m. – "Beavis and Butt-Head Do America" (PG-13)

Thursday

7 p.m. – "One Fine Day" (PG)

Mar. 14

7 p.m. – "Michael" (PG) Starring John Travolta and William Hurt. An angel with a mission doesn't let that get in the way of having fun during his assignment in human form.

9:30 p.m. – "First Strike" (PG-13) Starring Jackie Chan. A cop must retrieve a stolen nuclear warhead.



Menu

Knights Table

Today
Lunch: beef stew, spicy baked fish, chicken in Dijon sauce
Dinner: braised beef and noodles, sweet-and-sour chicken and roast fresh ham

Saturday
Lunch: turkey curry, jaegerschnitzel
Dinner: grilled top-sirloin steaks, stuffed green peppers, teriyaki chicken

Sunday
Lunch: roast veal, shrimp scampi
Dinner: Cajun meat loaf, roast turkey, orange-spiced pork chops

Monday
Lunch: beef pot roast, chicken a la king, vegetarian stuffed peppers
Dinner: Hungarian goulash, Cantonese spareribs, Parmesan baked fish

Tuesday
Lunch: Swiss steak with mushroom gravy, sweet-and-sour pork, baked chicken
Dinner: sukiyaki, turkey nuggets, tamale pie

Wednesday
Lunch: lasagna, spaghetti with meat sauce, Italian-style veal
Dinner: Cajun baked fish, turkey risotto, marinated beef casserole

Thursday
Lunch: fried chicken, vegetarian stuffed cabbage, barbecued beef
Dinner: pork chop suey, vegetarian yakisoba, baked catfish

Teams compete at championships

By Gary Webb
High school basketball coach

Lady Blue Lancers

The Lady Blue Lancers beat London Central in the United Kingdom Championship Tournament Feb. 16 earning a berth in the Central European Championships held Feb. 20, 21 and Saturday at Mannheim, Germany. The Lancers were seeded last in Europe but did win one consolation game. Shamika Hall played with a lot of heart scoring 90 percent of Blue's points and grabbing almost all their rebounds.

Boy Red Lancers

The Lakenheath Red Lancers were seeded eighth in the European championships despite their 14 - 2 record. Their first game was against the Bad Kreuznach Bearkats, a German Region qualifier and one of the best teams in the tournament. The Red Lancers won 76 - 66. Otis Anderson, Richard Wiekart, Dan Haire and Gary Webb played well after the 17-hour bus trip. They scored the majority of the team's points.

In their second game of the day, the Lancers played at 8 p.m. against the No. 1 seed, Heidelberg Lions - Germany's undefeated 16-0 Division I champions. The Lions were physically huge. Undaunted, the Lancers played fantastic and were ahead most of the game behind terrific performances by Anderson and Chris Mazowieski, known as Majic. Majic controlled the pace of the game as point guard and his jump shot was deadly. Anderson and Wiekart shut down the big guys in the middle and Anderson pumped the crowd with two consecutive dunks. Webb had seven steals against the Lions point guard. But the Lions were persistent and displayed the character of champions. They shut down Lancer ace Detrick Bush, Red's leading rebounder and scorer. He was three of 17 from the field. At the buzzer, the Lancers lost by five but they had earned the respect of the crowd and German teams.

The Lancers played the next morning, eight hours after the loss to Heidelberg. To complicate the schedule, the bus drivers became lost for two hours traveling back to the hotel. Six hours later, Red was beaten. Wiekart, Webb, Majic and Haire played hard in defeat. DeShawn Campbell and Joey Barton, two freshman, also turned in exceptional performances. The entire team participated in a victory in the final game.

Nine members of the team are moving

with their parents before next season but three of the starting five will return. The tournament marked the end of a highly successful and memorable season for the Lakenheath Boy Red Lancers.

Lady Red Lancers finish fourth

The Lady Red Lancers played determined ball but ended in fourth place in the championships.

They endured an onslaught in their first game by Mannheim and found themselves down at one time by 20 points as the German teams played very physical. However, Coach John Hedberg was able to focus intrepid point guard Nikki Brown and feed the Lancers inside strength

Keara Keller. Lisa Webb also made some critical jump shots at the end of the game to put the Lancers on top. She also brought the ball down court in place of Brown to get it to Keller.

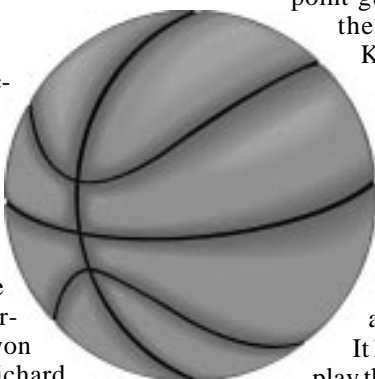
The Lancers second game was in the semifinals against the Ramstein Royals. It looked like Red was going to

play the Kaiserslautern Raiders for the European championship the next day as Stephanie Prochaska and Amber Brock played solid defense and Keller lived inside. Keller and Webb almost won the game with a flurry at the end but Red came up one point short.

In the game for third place, Red played the Wurzburg Wolves. Red kept the Wolves at bay and were up 10 points with four minutes left in the game. Keller dominated inside and had 28 points and 18 rebounds. Webb had eight points, 11 rebounds and 11 assists. But disaster struck the Lady Reds and in less than a minute Ramstein capitalized on Brown's attempt to run and scored 12 fast-break points of their own to gain the lead and never look back. Coach Hedberg knew Reds strength was its size and managed to avoid the running game the entire season but now fell victim to it's fury.

The Lady Red Lancers placed better than any other Lakenheath team in the Central European Basketball Championships in the history of the school. Keara Keller was deservedly named All Tournament to cap off a great season.

"The Lancers did great and displayed impressive sportsmanship," said Pete Resnick, athletic director. "We're especially grateful to the base for supporting the Lancers hoop-a-thons and the cheerleaders cart-wheel-a-thons. Without their help it would have been too expensive for many of the kids to go to Germany. We did well. It was a terrific end to a terrific season."



Intramural standings

Standings as of Tuesday

Intramural bowling

Monday-Wednesday-Friday division

Team	W	L	PINS
EMS 2	120	56	48455
HOSPITAL	106	70	52915
EMS/AGE	104	72	44712
MSS 1	102	74	48045
SPS	100	76	44856
MSS 2	96	80	42407
OSS	83	93	43945
CES	82	94	44838
DENTAL	82	94	44012
492FS	79	97	44637
CRS/PROPS	77	99	43168
DECA 2000	76	100	38804
494FS	67	109	40965
POL	56	120	46315

Sports Shorts

Skating lesson coming

People can register for skating lessons through March 16 at the skating rink. Courses include beginner, intermediate and advanced I and II. Each course consists of six half-hour lessons. Cost is \$30 or \$36 and includes six \$1-off admission coupons. For more information, call Ext. 1627.

Basketball championships

The fitness and sports center sponsors the United Kingdom Sports Conference women's basketball championships this weekend. The championship determines which team represents the United Kingdom at the USAFE championships March 11 - 16. For more information, call Ext. 3249.

Family Fun Day

The skating rink sponsors a Family Fun Day from 2 - 6 p.m. March 8. Adults receive free admission with paid children's admission. For more information, call Ext. 1627.

Golf package

The golf course offers a beginner package. The package includes three golf lessons, three rounds of golf, 10 range tokens, three rounds club rental and \$25 off a set of clubs. Call Ext. 2223 for more information.

Varsity coaches selection

The fitness and sports center needs varsity coaches for men's and women's softball, volleyball, soccer and track-and-field. Individuals can complete an application at the center. Call SSgt. Chris Rogers at Ext. 3607 for more information.

Liberty Lanes' 30-game offer

Liberty Lanes offers a "Winter Wonderful" 30-game punch card for \$25. The cards are valid until March 31 and may be used any time. Call Ext. 2108 for details.